**Grilled Chicken with Mango Avocado Salsa**

**Ingredients for Mango Avocado Salsa:**
- Salt to taste
- 1 cup diced mango
- 1 cup diced avocado
- Juice of 1 lime
- ½ cup red bell pepper
- ¼ cup diced cilantro

**Ingredients for Spiced Grilled Chicken:**
- 4 thin boneless skinless chicken breasts
- 2 teaspoons olive oil
- 2 teaspoons chili powder
- Salt to taste

**Instructions:**
1. Heat a grill over medium-high heat. Drizzle the olive oil over the chicken breasts and sprinkle with the chili powder and salt to taste.
2. Grill for 4-5 minutes on each side or until cooked through.
3. While chicken is cooking, combine the mango, avocado, red bell pepper, and cilantro in a bowl. Stir in lime juice and salt to taste.
4. Spoon the salsa over the chicken and serve.

**Recipe Notes:**
- Add diced red onion to the mango avocado salsa, if preferred.
- Serve with a side of brown rice or quinoa.

**Nutrition Information:**
Calories: 401kcal  |  Carbohydrates: 12g  |  Protein: 28g  |  Fat: 10g  |  Saturated Fat: 1g  |  Cholesterol: 72mg  |  Sodium: 151mg  |  Potassium: 658mg  |  Fiber: 6g  |  Sugar: 32g  |  Vitamin A: 7260IU  |  Vitamin C: 38.5mg  |  Calcium: 45mg  |  Iron: 3.7mg

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**FOOD FOR THOUGHT**

BELIEVE IN YOURSELF AND ALL THAT YOU ARE. KNOW THAT THERE IS SOMETHING INSIDE OF YOU THAT IS GREATER THAN ANY OBSTACLE.

CHRISTIAN D. LARSON

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WELLNESS CONNECTION: Live Well. Work Well.